

Использование здоровьесберегающих технологий на уроках английского языка

ГБОУ школа № 15

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Виды здоровьесберегающих технологий

- 1. Физкультурная минутка
- 2. Артикуляционная гимнастика
- 3. Игры
- 4. Релаксация
- 5. Технологии эстетической направленности
- 6. Технологии, создающие положительный психологический климат
- 7. Рациональная организация урока
- 8. Беседы о здоровье
- 9. Стиль общения учителя и работа с родителями

Физкультурные минутки

- 1.Динамическая пауза проводится во время интеллектуальных занятий по мере утомляемости детей.
- 2.Это может быть дыхательная гимнастика, гимнастика для глаз, лёгкие физические упражнения.
- 3. Игры и команды
- 4. Время 1-2 минуты

Физкультминутки

3 a

In the Bath!

1 Слушай запись и повторяй за диктором.

living room

bathroom

bath

2 Спой песенку, сопровождая её движениями.

This is my house,
This is the door!
The windows are clean,
and so is the floor!

Outside there's a chimney,
As tall as can be,
With smoke that goes up,
Come and see!

34 Module 1

b

2 Спой песенку, сопровождая её движениями.

stand up

sit down

Stand up, sit down,
Keep moving!
Stand up, sit down,
Keep moving!
Stand up, sit down,
Keep moving,
We're all at school today!

open your books

close your books

Starter Module 21

Игры и команды

Classroom language

1 Listen and repeat. Close your books. How many phrases can you remember?

1 Open your books.
2 Close your books.
3 Go to page 9, please.
4 Come to the blackboard, please.
5 Read, please!
6 Listen, please!
7 Stand up, please!
8 Sit down, please!
9 Be quiet!
10 I don't understand!

WELCOME

GAME

Play the role of the teacher in front of the class, then in pairs. Listen to the leader. Do the actions.

Extensive Reading 1

ACROSS THE CURRICULUM: Citizenship

Working 2 together!

Working in pairs/groups is fun! When you work in pairs/groups:

Look at your partner.
Listen to your partner.
Say 'sorry', 'please' and 'thank you'.
Be kind and smile.
Share your things.
Think of new ideas.
Ask questions.

1 How do you like working at school?
alone in pairs in groups

2 a) Look at the title and the pictures. What is the poster about? Listen, read and check.
b) Now say three rules you remember about working together.

3 Use the letters to form verbs.

1	ksa	ask
2	hares	
3	ysa	
4	kolo	
5	stneil	

4 Time to mime: Work in groups. One person reads the rules in Ex. 2a. The others mime them.

study skills

Working in pairs/groups
Remember to use these rules when you work in pairs/groups. They will help you learn better.

Артикуляционная гимнастика

- 1. Работа по развитию речи.
- 2. Считалки.
- 3. Ритмические стихи.
- 4. Хоровые повторения.

Ритмические стихи и развитие речи

4 Давай сделаем маску!



5 Спой песенку, сопровождая её движениями.



I'm a horse! I'm a horse!
And I can jump, of course!
Look at me! Look at me!

I'm a cat! I'm a cat!
And I can climb like that!
Look at me! Look at me!

I'm a fish! I'm a fish!
And I can swim, splish, splish!
Look at me! Look at me!

I'm a chimp! I'm a chimp!
And I can climb and swing!
Look at me! Look at me!

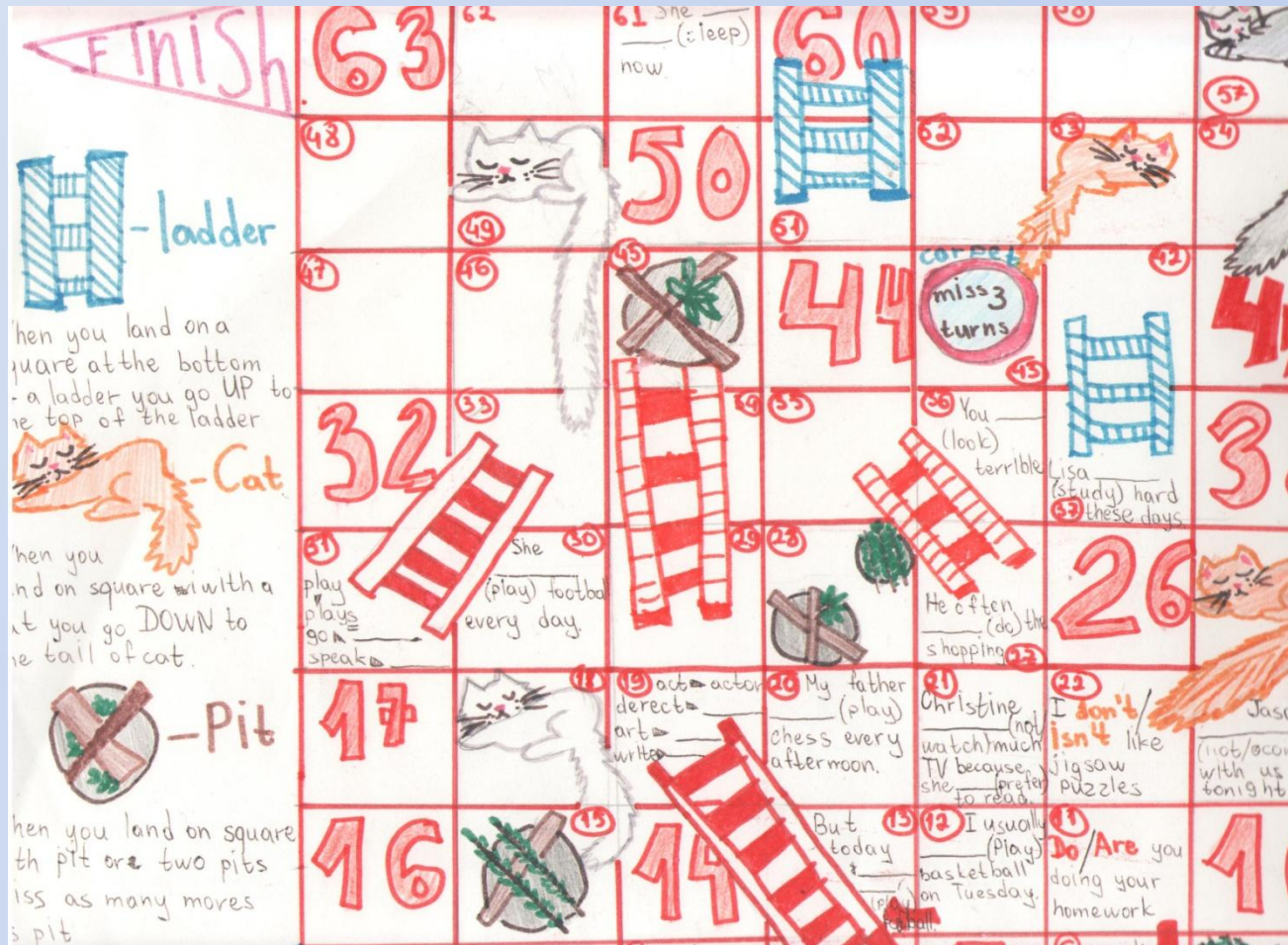
Module 3 73

- One, two, three, four,
- Yummy chocolate,
- Give more!
- Five, six, seven, eight,
- My favourite food
- Is chocolate!

Игры

- 1. Дидактические
- 2. Ролевые
- 3. Деловые
- 4. Викторины
- 5. Шутки-минутки

Дидактическая игра



Викторины и ролевые игры

UNIT 6 Lessons 1-2

B. Listen to these six people talking about sports in their lives and check your guesses.

C. Listen to the interviews again and put the number of speaker opposite each statement.

- ☐ a) Sport allows you to make friends with a number of people
- ☐ b) Sport increases fitness
- ☐ c) Sport decreases your weight
- ☐ d) Sport improves your outlook
- ☐ e) Sport gives an increased sense of individuality
- ☐ f) It gives you real pleasure
- ☐ g) Sport gives you a chance to acquire self-confidence
- ☐ h) Sport can be unfair
- ☐ i) You learn a lot about life
- ☐ j) It helps you overcome difficulties

D. Look at the pictures. What does sport give to each of these people?

- Use the expressions from ex. 3C.

Language work

A. Answer the questions about some sentences from the interviews.

Fred Tomasino:

- Sport has **allowed** me to make a lot of friends.
- My fitness **has increased**.

Jack:

- I **have acquired** self-confidence. It's easier for me to solve my problems.

Ivan Yarygin:

- My outlook on life **has improved**.

Questions:

- a) Does he have many friends now?
- b) Is he fit now?
- c) Does he believe in himself now?
- d) Is he more optimistic now?

1 Look at this!

Do you think picture A is **must** or **mustn't**?

I think picture A is **mustn't**.

Swimming rules

You **mustn't**

- run
- push or splash
- eat or drink in the pool
- swim under the diving board

You **must**

- take swimming lessons
- take a shower
- swim with a friend
- look before you dive

2 Match and say. Picture A is rule 1.

3 Listen and write the number.

Can you write two rules for swimming?

You **must** ...

You **mustn't** ...

Stating rules and requirements

Unit 17 Lesson 2 89

Релаксация

- 1.Проводится во время интеллектуальных занятий для снятия напряжения.
- 2.Проводится во время занятий для подготовки детей к восприятию большого блока новой информации.
- 3.Это прослушивание спокойной музыки, звуков природы, мини аутотренинги.

Технологии эстетической направленности

- 1. Организация прогулок по городу и посещение музеев.
- 2. Изучение культур разных стран.
- 3. Проведение мероприятий по воспитанию эстетического вкуса учащихся.

Изучение культур разных стран

Portfolio

Прочитай и напиши о себе, используя образец.



This is me on my summer holiday. I'm wearing shorts, a T-shirt and a hat. It's hot today.



Beautiful Cornwall!



A lot of people go to Cornwall on holiday. It's in the southwest of Britain. The beaches there are wonderful. It's a great place for a holiday!




110 Module 5

2d

CULTURE CORNER

UK souvenirs

Holidays in the UK and it's shopping time!

✓ Here are some popular souvenirs you can buy in the UK.



RAT
This is a hat. It has got shamrocks on it. The shamrock is the national symbol of Ireland.

MUG
This is a mug. It has got a Welsh dragon on it. The Welsh dragon is on the flag of Wales.

SCARF
This is a tartan scarf from Scotland. Tartan cloth is very popular in Scotland.

STUFFED TOY
This is a stuffed toy. It looks like a cow. There are many cows in Scotland.

TOY BUSES
These are toy buses. They are double-decker buses. You can see these in London.

PIN
This is a pin. It has got a Union Jack on it. The Union Jack is the flag of the UK.

1 Look at the title and the pictures. What do you expect to read about? Listen and read to check.

2 Match the countries to the nationalities. Which countries are the souvenirs from?

<div style="border: 1px solid black; padding: 2px; margin-bottom: 2px;">1) the UK</div> <div style="border: 1px solid black; padding: 2px; margin-bottom: 2px;">2) England</div> <div style="border: 1px solid black; padding: 2px; margin-bottom: 2px;">3) Scotland</div> <div style="border: 1px solid black; padding: 2px; margin-bottom: 2px;">4) Wales</div> <div style="border: 1px solid black; padding: 2px; margin-bottom: 2px;">5) Northern Ireland</div>	<div style="margin-bottom: 2px;">a Welsh</div> <div style="margin-bottom: 2px;">b Scottish</div> <div style="margin-bottom: 2px;">c Northern Irish</div> <div style="margin-bottom: 2px;">d English</div> <div style="margin-bottom: 2px;">e British</div>
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► The scarf is Scottish.

3 Use the map to tell your partner what souvenirs one can buy in the UK.

Project

4 Portfolio: Find or draw a map of your country and label it with some souvenirs and where you can find them. Present it to the class.

41

Рациональная организация урока

- 1. Наличие эмоциональных разрядок.
- 2. Соблюдение учащимися правильной позы.
- 3. Чередование видов работ в течение урока.

Заповеди ученика и его позы

Заповеди ученика
Заповеди ученика

Вставайте дружно всякий раз,
Когда учитель входит в класс.

Парта – это не кровать,
И на ней нельзя лежать.

Ты сиди за партой стройно
И вежи себя достойно.

На уроках не болтай,
Как заморский попугай.

Ответить хочешь – не шуми,
А только руку подними.

Учитель спросит – надо встать
Когда он сесть позволит – сядь.

Ppt4WEB.ru



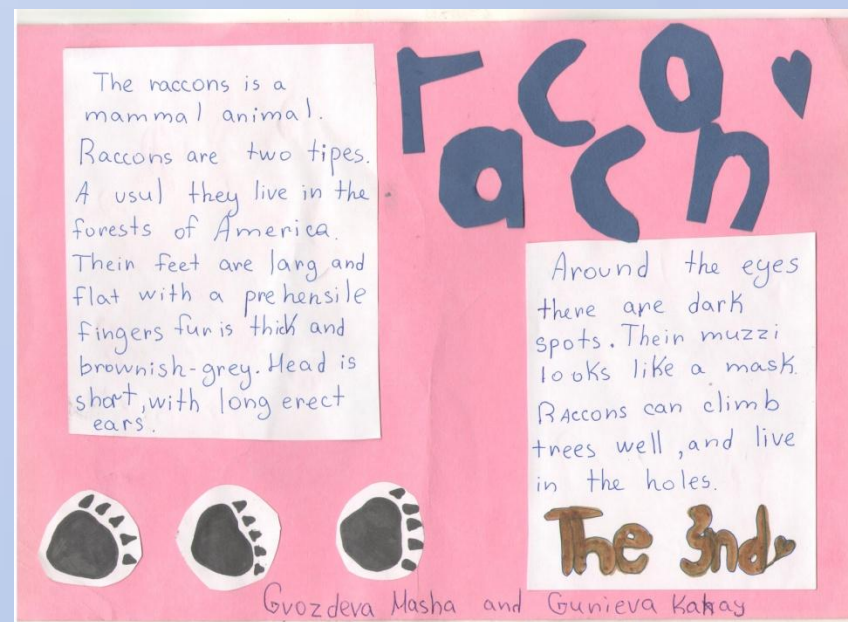
Правильно,
неправильно



Технологии, создающие положительный психологический климат

- 1. Учитель должен хорошо знать возрастные психологические особенности учащихся.
- 2. Развивать в себе педагогическую наблюдательность, чтобы гибко и адекватно реализовывать ту или иную ситуацию на уроке.
- 3. Увлекать учеников содержанием материала, давать возможность проявлять учащимся свои творческие способности.

Пример творческой работы



Беседы о здоровье

- 1. Затрагивать вопросы , касающиеся здоровья.
- 2. Обсуждать вопросы, касающиеся здорового образа жизни.

Ситуации, связанные со здоровьем

Look at this!

shouldn't + verb + much many + noun You shouldn't eat much sugar. You shouldn't eat many sweets.

Should you drink cola? Good teeth or bad teeth? No, you shouldn't. It's bad for your teeth.

Should you eat apples? Yes, you should. They're good for your teeth.

Read and write the words.

taller	sugar	206
long	milk	strong
vegetables	20	longer

You have about 206 bones and baby teeth. Your bones and teeth are strong and hard but they aren't very heavy.

You have many kinds of bones. There are long bones in your arms and there are short bones in your wrists.

Your bones can grow longer and wider. Your leg bones and your backbone grow longer. And then you grow taller!

Some foods are good for your bones and teeth and some foods are bad. You should drink a lot of milk. It's good for your teeth. You shouldn't eat much sugar. Sweets are bad for you but you should eat a lot of fruit and

Babies have twenty teeth.

Adults should have thirty-two teeth.

backbone

arm

wrist

leg

Consolidation Unit 7 Lesson 4 **41**

Read and look at the pictures.

You should brush your teeth two or three times a day for five minutes. Here's how.

Choose a good toothbrush. It shouldn't be too hard. You should change your toothbrush every three months.

First, clean the insides of your teeth. You should move the brush gently up and down.

Next, clean the outside of your teeth. You should brush down on the top teeth. You should brush up on the bottom teeth. You shouldn't brush from side to side.

Sweets and sugary snacks are very bad for your teeth. You should eat fruit.

And remember! You should go to a dentist twice a year.

Answer the questions about your teeth! (5 points for every ✓)

Do you use a soft toothbrush?	<input checked="" type="checkbox"/>
Do you brush the insides of your teeth first?	<input checked="" type="checkbox"/>
Do you visit your dentist twice a year?	<input checked="" type="checkbox"/>
Do you eat fruit?	<input checked="" type="checkbox"/>
Do you brush up on the bottom teeth?	<input checked="" type="checkbox"/>
Do you brush down on the top teeth?	<input checked="" type="checkbox"/>
Do you brush your teeth two or three times a day?	<input checked="" type="checkbox"/>

30-35 = good 20-25 = not so good 0-15 = watch out for toothache!

Activity.

Make a poster for your Smile Club. Write the rules for good teeth.

Unit 7 Lesson 3 Consolidation **40**

Ситуация, связанная со здоровым образом жизни



Going Green
3

1 What is a 'green citizen'? Read the introduction to find out.

► **S1:** A green citizen conserves as much water as they can, for example by always turning off the tap when ... etc.

2 Are you a green citizen? Do the quiz, then mark each sentence **A** (=always/very often), **B** (=sometimes/occasionally) or **C** (=never/hardly ever). Explain the words in bold.

Are you a Green citizen?

We are all citizens of Planet Earth and **rely on** it for food, air, water and much more, so not only is it our responsibility to care for the environment, it's also in **our best interests!** So, how much effort are you making to **reduce your impact on** the environment? Are you a bright green citizen or more of an **embarrassing shade of red?**

- 1 I try to conserve water e.g. by taking short showers, not letting taps run, keeping water in the fridge instead of letting the tap run to let it get cold, etc.
- 2 I walk, ride my bike, rollerblade, carpool¹ or use public transport whenever I can.
- 3 I 'reduce, reuse, recycle' as much as I can!
- 4 I try to learn about nature by visiting wildlife reserves and/or national parks.
- 5 I put coffee grounds/fruit and **vegetable peels** etc on a compost heap.
- 6 I take part in local environmental projects e.g. litter collection/tree-planting/recycling projects etc.
- 7 I buy unprocessed, organic and locally-grown food.
- 8 I check that the products I buy, e.g. cleaning products, electrical equipment, are safe for the environment.
- 9 I turn off computers/lights/electronic equipment when I'm not using them.
- 10 I buy from environmentally responsible businesses.
- 11 I use **rechargeable** instead of **disposable** batteries.
- 12 I refuse plastic bags in the supermarket and use my own cloth bags instead.
- 13 We use energy-saving light bulbs at home instead of ordinary ones.
- 14 I buy products in bulk with as little packaging as possible.
- 15 I am generally interested in environmental issues and try to stay informed.

¹ sharing the use of one car

Mostly As
You are well on your way to winning the 'green citizen of the year' award! Keep up the good work!

Mostly Bs
Well ... not bad but you could do better! Remember, it's the survival of our planet we're talking about here!

Mostly Cs
Come on, you can do better than that! Set yourself a few **achievable targets**. It's never too late to get started!

3  Compare your results with your partner. What can you do to become 'greener'? Discuss in pairs.

A: Well, I guess I could take shorter showers.
B: Yeah, me too. Also, my dad often takes me to school in the car, so I could ...

4 **THINK!** Do you agree with the statement? Why/Why not? Discuss.

Green wisdom

Don't blow it – good planets are hard to find. (Time Magazine)

59

Стиль общения учителя с учениками и работа с родителями

- 1. Обеспечить ученику душевный комфорт
- 2. Обеспечить чувство защищённости
- 3. Проявлять демократичность и тактичность со стороны учителя.
- 4. Привлекать родителей к процессу обучения их детей.